



# THE SENIOR CENTER NEWSLETTER

VOLUME 10  
NUMBER 5  
NOVEMBER 2010

## *From the Director's Desk*

### **RUTHERFORD COUNTY DEPARTMENT OF AGING/SENIOR CENTER**

**193 Callahan-Koon Road  
Suite 132  
Spindale, NC 28160**

**828-287-6409**

**8:30 a.m. - 5:00 p.m.  
Monday - Friday**

**PATSY WILSON  
DIRECTOR**



#### **OUR MISSION**

**Rutherford County Senior Center  
provides opportunities for senior  
adults to help them maintain  
and enhance their quality of life.**

**A UNITED WAY  
MEMBER AGENCY**



Dear Friends,

Who has never killed an hour? Not casually or without thought, but carefully: a premeditated murder of minutes. The violence comes from a combination of giving up, not caring, and a resignation that getting past it is all you can hope to accomplish. So you kill the hour. You do not work, you do not read, and you do not daydream. If you sleep, it is not because you need to sleep. And when at last it is over, there is no evidence: no weapon, no blood, and no body. The only clue might be the show beneath your eyes or a terribly thin line near the corner of your mouth indicating something has been suffered, that in the privacy of your life you have lost something, and the loss is too empty to share (from *House of Leaves*).

There are two very basic categories of time-wasting: wasting your own time and wasting other people's time. Wasting time is different from killing time. To waste your own time, you must first have time. Acquiring time is simple. One popular method is to wait in a doctor's office. This is a fairly efficient method of wasting time because, for every minute granted to you through waiting, one minute is wasted by waiting. However, this ratio is fairly low in comparison to other methods, and time only comes at a rate of one minute per minute, which is pretty slow.

A method of acquiring time is using a time machine to manufacture some time. This makes things a bit more complicated—operating a time machine is generally not seen as “wasting,” per se, so you have to subtract the time you take to operate the machine from the time the machine produces. However, this detraction is usually negligible because the time machine generates most of the time you need to waste.

Do not confuse wasting time with passing time. Passing time is the act of wasting

time combined with actually doing something, which makes the whole concept of time wasting a senseless and confusing waste of time.

I like this story about time. Time wasting began in the year -0- when God decided He was tired of having such a vast, infinite stock of time. He felt guilty because He was keeping it all to Himself. So God said, “But what can I do with all this time? I don't really need it, and there's no real use for it.” He had already tried various applications for time. But it had the nastiest habit of slipping through His fingers, no matter how long He held onto it. Finally, God tried selling it online, but since “Every second is of infinite value,” no one could afford it.

So God got frustrated with time, decided He was tired of dealing with its presence, and kicked it out of Heaven. Lonely and dejected, time wandered the universe looking for a job. It applied for a job pumping gas, but was turned down due to a lack of credit. It went for a clerking position, but it wasn't bright enough to fulfill the position. Finally, desperate, time found a refugee's home on the planet Earth. However, time didn't realize that Earth was populated by humans, and thus some of its vastness was squandered.

Speaking of time did you know that in the U.S., Arizona doesn't observe Daylight Saving Time (DST), but the Navajo Nation (parts of which are in three states) does. However, the Hopi Reservation, which is entirely surrounded by the Navajo Nation, doesn't observe DST. In effect, there is a donut-shaped area of Arizona that does observe DST, but the “hole” in the center does not.

Widespread confusion was created

(Continued on Page 8)





## TIME CHANGE



**Daylight Saving Time  
ends on November 7, 2010.**

**Before you go to bed on Saturday,  
November 6, be sure to turn  
your clocks back one hour.**



## DOCTOR'S VISIT

Dr. John Skudlarick will be at the Senior Center on **Wednesday, November 3 at 10:30 a.m.** This program will be in the dining room and will be a time to "Get Your Health Care Questions Answered." Be thinking of questions you might like to ask the doctor about any health care issue on which you would like information. Come to hear what Dr. Skudlarick has to tell you about your concerns.



## ARTHRITIS PROGRAM

Dr. Douglas Freels, Orthopaedic Surgeon from Rutherford Orthopaedics, will be at the Senior Center on **Thursday, November 4 at 10:30 a.m.** to conduct a program on "Understanding and Management of Arthritis."

Arthritis is one of the most prevalent conditions that the older generation must endure. Fortunately, progress is being made almost daily in the fight against this condition. Arthritis causes pain and loss of movement and can affect joints in any part of the body. There are more than 100 different kinds of arthritis and many different symptoms and treatments. The three most common kinds are osteoarthritis, rheumatoid arthritis, and gout.

Dr. Freels will have a lot of valuable information for you at this program in the craft room.

## ANNUAL CRAFT SALE



Our annual Craft Sale will be held on

**Friday, November 5 from 8:30 a.m. to 2:30 p.m.**

Vendors must pay a \$10.00 deposit which will be returned if you stay for the entire time of the sale. You will also be asked to sign an agreement for terms and conditions of the sale.

Remember that this is not a yard sale. It is for your home-made/hand-made items only. Please sign up on Barbara's bulletin board or call 287-6409 to reserve a space and make payment no later than November 2.

Vendors must be at least 55 years old; however, the public is welcome to attend the sale. There will be lots of good items: baked goods, Christmas decorations, woodwork, needlework, and much more.



## TFH KINESIOLOGY

On **Tuesday, November 9 at 10:30 a.m.** George Zimonyi, Kinesiology Practitioner and Nationally Certified Licensed Massage Therapist, will be in the craft room at the Senior Center to give you information on kinesiology.

What is TFH Kinesiology? It is the practical methodology for improving health by utilizing the acupuncture meridian channels. TFH (Touch for Health) combines traditional Chinese medicine with the modern western approach. Meridians are located throughout the body and serve as passageways through which energy travels. TFH relieves pain by finding the core root of the problem.

George Zimonyi is dedicated to each person's care and is compassionate and understanding to the individual's needs. Whether you have sports injuries, were involved in an auto accident, or just looking to relax and relieve the stress in your life, George can help you by targeting the body's healing centers.

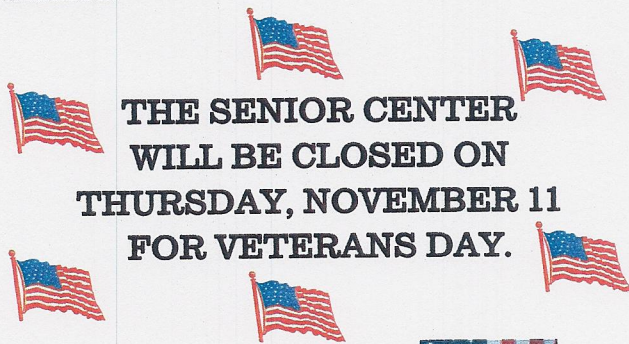
## THANKSGIVING CRAFT



Would you like to have a fall wreath for the Thanksgiving season? On **Wednesday, November 10 at 9:30 a.m.** we will be making fall wreaths at the Center. The class will be limited



to 20 people, and you must sign up on the bulletin board outside Barbara's office. Cost for the class is \$2.00 each, and all supplies will be furnished.



## VETERANS PROGRAM



We want to honor all veterans in the dining room on **Friday, November 12 at 10:30 a.m.** If you are a veteran and know that you will be here for the program, please sign your name and your branch of service on the bulletin board near Barbara's office so you will be included in the program.

The Observance of Veterans Day on November 11 preserves the historical significance of the date and focuses attention on the important purpose of this day: a celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good.

## SOUTHERN CHRISTMAS SHOW



If you are planning to go to Charlotte for the Southern Christmas Show on **Monday, November 15**, please be sure to get your name on the sheet on Barbara's bulletin board or call the Senior Center at 287-6409 to sign up. We can take up to 35 people. We will leave the Senior Center at **8:00 a.m.** and return around **5:00 p.m.** Deadline to register and pay the \$15.00 for this trip is November 8. You will also need to complete a trip release form at that time.

## PEN PAL ACTIVITY



All pen pals are encouraged to attend an activity on **Tuesday, November 16 at 10:00 a.m.** in the craft room. You will be writing letters to the children and maybe making a surprise for them.



## THANKFUL TEA PARTY

**Wednesday, November 17 at 9:30 a.m.**



With the arrival of fall, we all seem to reflect upon things for which we are thankful. Perhaps it's the upcoming holidays and how we have been blessed, no matter how big the blessings or how small.

Come to our November Tea Party and share what you are most thankful for this time of year or anytime. Please share one of your favorite dishes with us, too. We are always thankful for delicious treats!!

Sign up at the front desk and look forward to this holiday blessing.

## NORTH CAROLINA SENIOR TAR HEEL LEGISLATURE VISIT

The North Carolina Senior Tar Heel Legislature was created by the North Carolina General Assembly with the passage of Senate Bill 479 in July of 1993. It was created to:

- Provide information to senior citizens on the legislative process and matters being considered by the North Carolina General Assembly.
- Promote citizen involvement and advocacy concerning aging issues before the North Carolina General Assembly.
- Assess the legislative needs of older citizens by convening a forum modeled after the North Carolina General Assembly.

On **Wednesday, November 17 at 10:30 a.m.** Ms. Pat Morgan and Ms. Betty Buckner will be at the Senior Center to speak with you about the five priorities to be brought before the General Assembly for 2011. Those five issues are:



- ▶ Provide Funding to Sustain and Expand Project C.A.R.E. (Caregiver Alternatives to Running on Empty)
- ▶ Increase funding for home and community based services for older adults by five million dollars in recurring funding
- ▶ Increase funding for senior centers by an additional \$2 million in recurring funds for a total of \$3,265,316 a year
- ▶ Mandate pre-employment and random drug testing for employees of nursing and assisted living facilities
- ▶ Dental Care for North Carolina's Adult Special Care Population

We are fortunate to have these two ladies at the Center, and we encourage you to come and hear what they have to tell you about what's going on with the Senior Tar Heel Legislature.

## BRAIN HEALTH ACTIVITY



There will be a Brain Health Activity on **Thursday, November 18 at 10:30 a.m.** There's a lot of talk about brain fitness. You cannot pass a magazine stand without seeing articles addressing how to improve memory or games that will challenge and improve minds. In fact, an entire industry has been created around developing computer applications that enhance people's cognitive functioning. Healthy older adults are concerned about keeping their minds active and learning ways to avoid or delay loss of mental sharpness.

Why is brain fitness important? In recent years, there has been increasing evidence that brain fitness programs and activities can have a tremendous, positive impact on different aspects of cognition.

## AT THE MOVIES



Join us for a fun afternoon on **Monday, November 22** when we will show the movie **Karate Kid** at **1:00 p.m.**

This movie stars Jaden Smith as 12-year-old Dre Parker who could have been the

most popular kid in Detroit, but his mother's latest career move landed him in China. Dre immediately falls for his classmate, Mei Ying, and the feeling is mutual—but cultural differences make such a friendship impossible. Even worse, Dre's feelings make an enemy of the class bully, Cheng. This is why he begins to embrace kung fu, taught by a master.



## CHRISTMAS CRAFTS



At **10:00 a.m. on Tuesday, November 23** there will be a craft class to make luminaries. The cost will be \$1.00 per person, and the class is limited to the first 20 who sign up. Please sign your name and phone number on the sheet on the bulletin board near Barbara's office if you wish to participate in this activity.

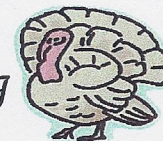


## THE SENIOR CENTER WILL BE CLOSED ON

**WEDNESDAY, THURSDAY, & FRIDAY,  
NOVEMBER 24, 25, & 26**

This includes the two days that we are normally closed for Thanksgiving holidays plus a required unpaid furlough day for county employees. We wish each of you a

*Happy Thanksgiving*



## PILL DROP

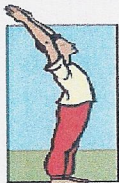


Do you have medications in your home that you no longer take or maybe their dates have expired? Maybe a spouse has passed away and you have leftover medications. Would you like to get those things cleaned out but don't know exactly how to dispose of them? Kids sometimes find these items and decide to try them out. That's how some young folks obtain pills that may start them into drug abuse. It's a good idea to get rid of any medication that you



no longer need; however, do not flush them down your toilets. This could contaminate the water systems.

On Tuesday, November 30 from 9:30 to 11:00 a.m. Detective Sergeant Jim Upton will be at the Senior Center to collect pills and take care of disposing of them in an incinerator. If you have medications you need to get rid of, bring them in. No name will be required to turn these in to the officer, and he will be the only one who can receive the items.



## NEW CLASS - YOGA

Starting in November, we will begin a new class at the Senior Center. Each Tuesday from 9:00 to 10:00 a.m. Marie Chan, a registered Yoga Instructor, will be here to teach a Yoga class.

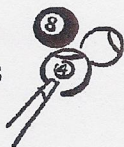
Growing old is the stage when you have more time for yourself, your family, for leisure, recreation, and relaxation. However, it is also the time when you are more susceptible to some ailments that are linked to old age like arthritis, rheumatism, incontinence, and high blood pressure. This raises the need for seniors to stay fit and healthy. You may be limited to the types of exercises you can do, and this leads to the practice of milder forms of exercise.

Yoga is a form of exercise that adapts to your needs and abilities and can be done even by seniors. It makes the body fitter and the mind calmer and more relaxed. Yoga is also beneficial in the prevention and control of common health and emotional problems that are linked with older age.

If you are interested in this new class, be at the Center each Tuesday this month (November 2, 9, 16, 23, 30).

**CONGRATULATIONS!** to all seniors who participated in the State Senior Games in Raleigh recently. The following were state winners:

Cindy Ammons - 1st place - Billiards  
Roger Pleasant - 2nd place - Billiards  
Al Urban - 1st place - Golf



Gilbert Mays - 3rd place - Golf  
Peggy O'Bryan - 3rd place - Heritage Arts/  
Stained Glass

Sam Berger, Karl Hardin, Missy Hughes, Freda Ledford, Thomas Milo, Rosalie Silvers, Linda Wilson, and Wayne Wilson

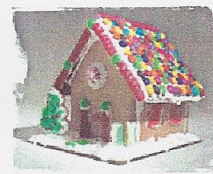
2nd place for Large Group Dance in the SilverArts Follies



Also, Jim Venerra participated in Archery. However, because of rain during the Raleigh games, the Archery events are being held in different areas of the state. The results will be in after all events have been completed.

All state winners are eligible to go to Houston, Texas for the National Senior Games. We're proud of all Senior Games participants. You're all winners!

## GINGERBREAD HOUSE DISPLAY



There will be a trip on Thursday, December 2 to the Grove Park Inn in Asheville to see the annual Gingerbread House Display. There will be a \$5.00 charge per person, and only the first ten people to sign up will be able to ride the van. Please sign up on the bulletin board outside Barbara's office.

This National Gingerbread House Competition is held annually, and the creations are on display November 17, 2010, through January 2, 2011, on Mondays through Thursdays. In addition to the gingerbread displays, see the beautiful holiday displays throughout and warm by the giant fireplaces in the grand lobby.

This will be a great trip. We will leave the Senior Center at 8:30 a.m. After our visit to the Grove Park Inn, we will have lunch then return to the Center between 3:00 and 4:00 p.m.

## A CHRISTMAS CAROL



On Thursday, December 16 there will be a trip to Flat Rock Playhouse to see the 2:00 p.m.



matinee of *A Christmas Carol*. Only the first 12 to sign up will be able to attend. The cost for this trip is \$35.00 per person which **MUST** be paid no later than December 6. Tickets must be ordered in advance. We will leave the Senior Center at 10:30 a.m., have lunch, then go to enjoy the play.

*A Christmas Carol*, by Charles Dickens, focuses on Dickens' powerful language, humor, and warmth. This charming version simply and directly tells the story of the redemption of a human soul. The world of Scrooge, Fessiwig, and Tiny Tim comes alive, complete with traditional carols and English folk tunes. Ignite your holiday spirit with the tale of miserly Scrooge and his three Christmas ghosts.

## SILVERSTRIDERS



Great job! Keep up the good work. Get out and enjoy this beautiful fall weather. Minutes for the month of September were:

<u>Name</u>	<u>Minutes</u>
Pat Harris	820
Betty McFarland	2,402
Clyde Patterson	400
Marjorie Patterson	770
Annabelle Smith	660
Aggie Stilwell	2,356

## LUNCH DONATIONS



Please remember that we take voluntary donations for lunch at the Center. The box for donations is at the front reception desk. There is no set amount for you to give. It's your decision. Our cost for each meal is \$4.4017. We get new participants regularly so are serving more meals. Therefore, our funding is being used up faster. Your donations help more than you know.

We serve nutritious meals that are approved by a licensed dietitian to provide at least one-third of the daily nutritional value recommended by the USDA. Think about how much you can contribute for your meal.

## MEDICARE PART D ANNUAL ELECTION

The Medicare Prescription Drug Program (Part D) offers plan members the ability to make changes in their coverage each year during the annual Election Period. In addition, Medicare beneficiaries who have not previously enrolled in a Part D plan are allowed to do so during this period (although with a premium penalty if other creditable coverage did not exist).

Between November 15 and December 31, a beneficiary can make changes in Medicare Health or Part D coverage. It is during this period a beneficiary should review all 2011 plan options. SHIP can help them compare and select the 2011 Medicare Part D prescription coverage that will best meet their individual needs.

A trained SHIP counselor is available for consultations at the Senior Center on Tuesdays by appointment. Call the Senior Center to make an appointment if you need help (287-6409).

## SOCIAL SECURITY - NEWS RELEASE

You've most likely heard the news, but the Social Security Administration has announced that monthly Social Security and Supplemental Security Income (SSI) benefits for more than 58 million Americans will not automatically increase in 2011.

The Social Security Act provides for an automatic increase in Social Security and SSI benefits if there is an increase in the Consumer Price Index for Urban Wage Earners and Clerical Workers from the third quarter of the last year a cost-of-living adjustment (COLA) was determined to the third quarter of the current year. As determined by the Bureau of Labor Statistics, there is no increase in the CPI-W from the third quarter of 2008, the last year a COLA was determined, to the third quarter of 2010; therefore, under existing law, there can be no COLA in 2011. This has nothing to do with any political party, but it is a law.



# MEAL SITE ACTIVITIES

## ELLENBORO MEAL SITE BETHEL BAPTIST CHURCH

November 3 11:00 Group Discussion - Current Events  
November 5 10:00 "Do You Remember These?"  
November 5 11:00 Piano Music - Volunteers  
November 8 11:00 George Watson & Joe Waters  
November 10 11:00 Honoring Veterans (Bring Photos & Souvenirs)  
November 12 11:00 Group Discussion - Childhood Memories  
November 17 11:00 Biblical History - Linda McCurry  
November 18 11:00 Singing - Horace Billingsley  
November 22 11:00 Piano Music - Claude Brooks  
November 23 10:00 Group Discussion - Childhood Thanksgivings  
November 29 11:00 Piano Music - Claude Brooks  
Also, bingo on Tuesdays at 11:00 a.m., walking at Life Center every day at 9:00 a.m., exercise, games, puzzles, coffee, conversation, fellowship, and much more every day. Call Betty at 453-8668 for more details.

## HENRIETTA MEAL SITE HENRIETTA FIRST BAPTIST CHURCH

November 2 10:30 Group Participation - Bring Pictures of Pets  
November 4 10:30 Group Discussion - Saving at the Grocery Store  
November 5 10:30 Fingernail Painting - Stephanie Towery  
November 8 10:30 "Do You Remember These?"  
November 12 10:00 Group Discussion - Current Events in County  
November 15 10:30 Group Discussion - Best After-Thanksgiving Sales  
November 16 10:30 Group Participation - Name That Tune  
November 18 10:15 Fingernail Painting - Stephanie Towery  
November 19 10:00 Thanksgiving Crafts  
November 22 10:00 Fingernail Painting - Stephanie Towery  
November 22 10:30 Group - What Are You Thankful For?  
November 23 10:30 Thanksgiving Party  
November 29 10:30 Tell about Your Thanksgiving  
November 30 11:00 Fingernail Painting - Stephanie Towery  
Also at Henrietta, there will be piano music on Wednesdays at 10:00 a.m. featuring Barbara Moore and group sing-alongs with Opal Lowery on Fridays at 10:00 a.m. There are lots of other great opportunities available such as: blood pressure check on Mondays at 10:00 a.m., bingo on Thursdays at 10:45 a.m., puzzles, games, and more fun for you each day. Call Jane at 657-5441 for more information.

## RUTH MEAL SITE SOUTHERN BAPTIST CHURCH

November 1 10:45 Music by George Watson & Joe Waters  
November 4 10:00 Group Discussion - Today's News  
November 5 10:00 Proper Maintenance & Usage of Heaters  
November 12 10:00 Group Discussion - Thanksgiving Plans  
November 18 10:30 Group Discussion - Today's News  
November 19 10:00 Thanksgiving Party  
November 23 11:00 "Do You Remember These?"  
More activities include: Group singing on Wednesdays at 11:00 a.m., chair fitness on Tuesdays at 10:00 a.m., group singing on Wednesdays at 11:00 a.m., discussion current events on Thursdays at 10:00 a.m., bingo on Thursdays at 11:00 a.m., puzzles, games, fellowship, and more fun available every day. Call Carrie at 287-7498 for additional information.

## SHINGLE HOLLOW MEAL SITE SHINGLE HOLLOW COMMUNITY BUILDING

November 3 10:30 Group Discussion - Thanksgiving Memories  
November 4 10:30 Thanksgiving Video  
November 9 9:30 "Do You Remember These?"  
November 10 10:30 Honoring Veterans  
November 17 10:30 Christmas Craft  
November 18 10:30 Thanksgiving Party & Trivia Games  
November 30 9:30 Group Discussion - Today's News  
Also at Shingle Hollow you'll find walking every day at 9:30 or 10:00 a.m., singing on Mondays at 10:50 a.m., Biblical history on Mondays at 11:00 a.m., choir on Tuesdays at 10:00 a.m., blood pressure check on Fridays at 10:30 a.m., bingo on Fridays at 10:50 a.m., games, puzzles, and lots more fun every day. Call Joyce at 287-0960 for more information.



(Continued from Page 1)

during the 1950s and 1960s when each U.S. locality could start and end DST as it desired. One year, 23 different pairs of DST start and end dates were used in Iowa alone. For exactly five weeks each year, Boston, New York, and Philadelphia were not on the same time as Washington, D.C., Cleveland, or Baltimore—but Chicago was. On one Ohio to West Virginia bus route, passengers had to change their watches seven times in 35 miles! The situation led to millions of dollars in costs to serve industries, especially those involving transportation and communications. Extra railroad timetables alone cost the today's equivalent of over \$12 million per year.

Through 2006, DST in the U.S. ended a few days before Halloween. Children's pedestrian deaths are four times highest on Halloween than on any other night of the year. A new law to extend DST to the first Sunday in November took effect in 2007, with the purpose of providing trick-or-treaters more light and, therefore, more safety from traffic accidents. Anecdotally, the 2007 switch may not have had much effect, as it appears that children simply waited until dark to go trick-or-treating.

Now for some satire, News flash: Washington—With the public success of the additional weeks of daylight savings, Congress has decided yet another change for the year 2010. Of those spearheading the decision, few were more outspoken Tuesday than Congressman Law. "By the year 2010," said Law, "daylight savings will end Sunday, November 7 and begin again Monday, November 8." When asked why the one day, Congressman Law claimed, "This day is to be used as a reminder to our fellow Americans of the energy crisis currently going on all across the world. It is our intention to raise our country's

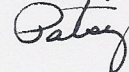
awareness, which we feel should carry over into the weeks of increased daylight. We also feel really bad about the gas prices and want to make up for it." When asked again why the one day, the congressman declined to comment.

This bill was passed by Congress in a near unanimous decision on Tuesday. However, the decision did encounter notable opposition. "This bill is disgraceful," said Congressman Veto. "How much further are we going to abuse nature? First it was eight months of daylight savings and four months without. Now it's eleven months and thirty days with and one day without. Can someone tell me how this evens out? At the very least, if we want to preserve daylight and further our country's consciousness, we can do it without the day."

Few of his fellow politicians shared the sentiment, however, as most were optimistic about the decision. In addition to the change, Congress has also voted to have the day's name changed from daylight saving time ends to Benjamin Franklin Day. "We all know that Benjamin Franklin was the first to suggest daylight savings," said Congressman Law. "And what better way is there to celebrate America and its virtues than by naming the day after him?" Coming up for Congress, the vote over the proposed pay raise for all government officials. "We're hopeful," said Law. (The preceding was found on the internet.)

Are we being given back our stolen hour? Daylight Saving Time ends on November 7, 2010, when you set the clocks back one hour. Rescue time. We would love for you to spend some time with us here at the Senior Center and are looking forward to seeing you.

Sincerely,



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RUTHERFORD COUNTY DEPARTMENT  
OF AGING/SENIOR CENTER  
193 CALLAHAN-KOON RD., SUITE 132  
SPINDALE, NC 28160

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# THE SENIOR CENTER CALENDAR - NOVEMBER 2010

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>1</b> 8:30 Silver Striders 9:00 Art Group 9:00-11:00 Crochet 9:30 Coupon Club 9:45 Aerobics 11:00 Funtime Cheerleading 12:30 Tai Chi 1:00 Oil Art Group		<b>2</b> 9:00 Needlework <b>9:00 YOGA CLASS</b> 10:00 Tap Dance Class 10:00-11:00 Computer Class <b>10:30 Karaoke Fun</b> 12:30 Ballroom Dance		<b>3</b> 8:30 Wednesday Walk 8:45 Aerobics 9:00 Stitchery 10:00 Line Dance Class <b>10:30 DR. SKUDLARICK</b> <b>HEALTH CARE QUESTIONS</b> 12:30 Tai Chi 12:30 Art Group		<b>4</b> 9:00 Needlework 10:00 Jazz Dance Class 10:00-11:00 Computer Class <b>10:30 UNDERSTANDING</b> <b>ARTHRITIS - DR. FREELS</b> 12:00-4:00 Bridge		<b>5</b> 8:30 SilverStriders 8:45 Aerobics 10:00 Fun, Fellowship, and Singing 12:30 Tai Chi	
<b>8</b> 8:30 Silver Striders 9:00 Art Group 9:00-11:00 Crochet 9:30 Coupon Club 9:45 Aerobics 11:00 Funtime Cheerleading 12:30 Tai Chi 1:00 Oil Art Group <b>1:00 Wii Fun</b>		<b>9</b> 9:00 Needlework <b>9:00 YOGA CLASS</b> 10:00 Tap Dance Class 10:00-11:00 Computer Class <b>10:30 KINESIOLOGY</b> <b>PROGRAM - GEORGE ZIMONYI</b> 12:30 Ballroom Dance		<b>10</b> 8:30 Wednesday Walk 8:45 Aerobics 9:00 Stitchery <b>9:30 THANKSGIVING CRAFT</b> 10:00 Line Dance Class 12:30 Tai Chi 12:30 Art Group		<b>11</b>  <b>SENIOR CENTER</b> <b>CLOSED FOR</b> <b>VETERANS DAY</b>		<b>12</b> 8:30 Silver Striders 8:45 Aerobics <b>10:30 VETERANS PROGRAM</b> 12:30 Tai Chi	
<b>15</b> <b>8:00 TRIP TO SOUTHERN</b> <b>CHRISTMAS SHOW</b> 8:30 Silver Striders 9:00 Art Group 9:00-11:00 Crochet 9:30 Coupon Club 9:45 Aerobics 11:00 Funtime Cheerleading 12:30 Tai Chi 1:00 Oil Art Group		<b>16</b> 9:00 Needlework <b>9:00 YOGA CLASS</b> <b>10:00 PEN PAL ACTIVITY</b> 10:00 Tap Dance Class 10:00-11:00 Computer Class 12:30 Ballroom Dance		<b>17</b> 8:30 Wednesday Walk 8:45 Aerobics 9:00 Stitchery <b>9:30 TEA PARTY</b> 10:00 Line Dance Class <b>10:30 SR. TAR HEEL REPS.</b> <b>PAT MORGAN &amp; BETTY BUCKNER</b> 12:30 Tai Chi 12:30 Art Group		<b>18</b> 9:00 Needlework 10:00 Jazz Dance Class 10:00-11:00 Computer Class <b>10:30 BRAIN HEALTH</b> <b>ACTIVITY</b> 12:00-4:00 Bridge		<b>19</b> 8:30 Silver Striders 8:45 Aerobics 10:00 Fun, Fellowship, and Singing 12:30 Tai Chi <b>1:00 Wii Fun</b>	
<b>22</b> 8:30 Silver Striders 9:00 Art Group 9:00-11:00 Crochet 9:30 Coupon Club 9:45 Aerobics 11:00 Funtime Cheerleading 12:30 Tai Chi 1:00 Oil Art Group & Wii Fun <b>1:00 MOVIE - KARATE KID</b>		<b>23</b> 9:00 Needlework <b>9:00 YOGA CLASS</b> <b>10:00 CHRISTMAS CRAFT</b> 10:00 Tap Dance Class 10:00-11:00 Computer Class 12:30 Ballroom Dance		<b>24</b> <b>SENIOR CENTER</b> <b>CLOSED</b> <b>COUNTY EMPLOYEE</b> <b>FURLOUGH DAY</b>		<b>25</b> <b>SENIOR CENTER</b> <b>CLOSED</b> <i>Happy Thanksgiving!</i>		<b>26</b> <b>SENIOR CENTER</b> <b>CLOSED</b>	
<b>29</b> 8:30 Silver Striders 9:00 Art Group 9:00-11:00 Crochet 9:30 Coupon Club 9:45 Aerobics 11:00 Funtime Cheerleading 12:30 Tai Chi 1:00 Oil Art Group <b>1:00 Wii Fun</b>		<b>30</b> 9:00 Needlework <b>9:00 YOGA CLASS</b> <b>9:30-11:00 PILL DROP</b> 10:00 Tap Dance Class 10:00-11:00 Computer Class 12:30 Ballroom Dance		<b>DAILY EVENTS</b> <b>8:30 A.M. - 5:00 P.M.</b> Billiards Board Games Bocce Ball Chair Fitness Videos Computer Lab Conversation		<b>DAILY EVENTS</b> <b>8:30 A.M. - 5:00 P.M.</b> Newspaper Playing Cards Public Transportation Stop Puzzle Fun Shuffleboard Table Tennis TV Available		<b>CALL 287-6409</b> <b>FOR MORE</b> <b>INFORMATION ON</b> <b>ANY PROGRAMS</b> <b>OR ACTIVITIES</b>	